

Allergen Free Menu Product Pictures and Ingredients:

Breakfast Allergy-Free Options

The following items are free from nuts, soy, wheat, gluten, dairy and eggs.

Occasionally substitutions are required and any substituted item will be checked for the above allergens.



Ingredients:

Brown Rice Flour (67%), Yellow Pea Flour (14%), Millet Flour (9.5%), Dextrose from Corn, Psyllium, Calcium Carbonate, Brown rice syrup, Pear juice Concentrate, Beetroot Powder, Emulsifier: Monoglycer



Ingredients:

Brown Rice flour (65%), Raw Sugar, Wholegrain Sorghum flour (8%), Psyllium (2%), Cocoa (2%), Natural Caramel Colour, Calcium Carbonate, Salt, Brown Rice Syrup, Emulsifier: Vegetable Derived Monoglycerides, Natural Chocolate Flavour.



Ingredients:

Brown Rice Flour, Yellow Pea Flour, Quinoa Flour (8.7%), Brown Rice Syrup, Psyllium, Stabiliser: Calcium Carbonate. Emulsifier: Monoglyceridede from Vegetable. Iodised Salt, Turmeric.



	<p><u>Ingredients:</u> Rice Flour, Sugar, Cocoa Powder (5.3%), Chickpea Fibre, Salt, Natural Flavours</p>
	<p><u>Ingredients:</u> Australian Grown Sliced Peaches (62% Min), Refined Fruit Juice, Antioxidant (Ascorbic Acid), Food Acid (Citric).</p>
	<p><u>Ingredients:</u> Reconstituted Orange Juice (99.9%), Vitamin C, Flavour.</p> <p><u>Dietary:</u> No Added Sugars, No Preservatives, No Artificial Flavours or Colours.</p>
	<p><u>Ingredients:</u> Reconstituted Orange Juice (99.9%), Vitamin C (300) Flavour, Acidity regulator (330).</p>
	<p><u>Ingredients:</u> Reconstituted Orange Juice(99.8%), Food Acid (Citric Acid), Natural Flavour, Vitamin C. Suitable for vegans.</p>





Ingredients:

Maize Starch, Fructose, Dried Apple (Sulphur Dioxide) (7%), Maize Flour, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate. Cinnamon (0.9%), Potato Starch, Yellow Pea Flour, Tapioca Starch, Vegetable Gums (Stabilisers): Guar Gum, Methylcellulose. Acidity Regulator: Citric Acid.






Ingredients:

Buckwheat Flour (49%), Tapioca Starch, Rice Flour, Maize Starch, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate. Potato Starch, Acidity Regulator: Citric Acid. Vegetable Gum (Stabiliser): Methylcellulose.



Milk Options Depending on Individual Allergy Needs:

	<p><u>Ingredients:</u> Water, Soy Protein (4%), Maltodextrin (Corn), Canola Oil, Sugar, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12).</p>
	<p><u>Ingredients:</u> Water, Soy Protein (4%), Maltodextrin (Corn), Sugar, Canola Oil, Mineral Salts (450, 509, 526, 504), Acidity Regulators (338, 332), Vegetable Gum (407), Vitamins (Riboflavin, A, B12).</p>
	<p><u>Ingredients:</u> Full Cream Milk, Enzyme (Lactase).</p>
	<p><u>Ingredients:</u> Low Fat Milk, Enzyme (Lactase).</p>



Spread Options:



Ingredients:

Sugar, Raspberries (42%), Gelling Agent (Pectin), Food Acid (Citric Acid).



Ingredients:

Sugar, Strawberries (41%), Gelling Agent (Pectin), Food Acid (Citric Acid).



Ingredients:

Honey (100%).



Morning Tea, Afternoon Tea, Lunch and Dinner

Allergy-free options

The following items are free from nuts, soy, wheat, gluten, dairy and eggs.

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Ingredients:

Water, Sugar, Reconstituted Fruit Juices (25%) (Pineapple, Lemon, Water, Extracted Orange, Passionfruit), Food Acid (Citric Acid), Flavours, Preservatives (Sodium Benzoate, Sodium Metabisulphite), Natural Colours (Beta Carotene, Carmine), Stabiliser (466), Sweetener (Sucralose).

Dietary:

No Added Colours.



Ingredients:






Reconstituted Fruit Juices (50%) [Pineapple (70%), Apple Juice (20%), Orange Juice (10%)], Sugar, Water, Acidity Regulator (330), Natural Flavours, Natural Colours (161b, 163), Preservatives (211, 223), Natural Sweetener (960), Stabilisers (466, 440).








Ingredients:

Raw Sugar, Rice Flour, Maize Flour, Potato Starch, Maize Starch, Yellow Pea Flour, Cocoa Powder (4%), Dextrose from Maize, Raising Agents: Sodium Bicarbonate, Monocalcium Phosphate, Calcium Carbonate. Emulsifier: Vegetable derived Monoglycerides. Tapioca Starch, Natural Vanilla Flavour, Salt, Vegetable Gums (Stabilisers): Guar Gum, Carboxymethylcellulose, Carrageenan, Methylcellulose. Acidity Regulator: Citric Acid.



	<p><u>Ingredients:</u> Raw Sugar, Rice Flour, Potato Starch, Maize Starch, Maize Flour, Cocoa Powder (4.5%), Dextrose from Maize, Raising Agents (Sodium Bicarbonate, Monocalcium Phosphate, Calcium Carbonate), Emulsifier: Vegetable derived Monoglycerides. Tapioca Starch, Salt, Natural Vanilla Flavour, Vegetable Gums (Stabilisers): (Carboxymethylcellulose, Guar Gum, Carrageenan, Methylcellulose), Citric Acid.</p>
	<p><u>Ingredients:</u> Raw Sugar, Rice Flour, Potato Starch, Maize Starch, Maize Flour, Dextrose from Maize, Natural Vanilla Flavour (1%), Raising Agents: (Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate), Emulsifier: Vegetable derived Monoglycerides. Tapioca Starch, Salt, Vegetable Gums (Stabilisers): (Carboxymethylcellulose, Guar Gum, Carrageenan, Methylcellulose), Citric Acid.</p>
	<p><u>Ingredients:</u> Buckwheat Flour (68%), Rice Flour, Salt.</p>
	<p><u>Ingredients:</u> Maize Flour (52%), Rice Flour, Maize Polenta (22%), Iodised Salt, Emulsifier: Monoglyceride From Vegetable.</p>
	<p><u>Ingredients:</u> Brown Sugar, Rice Flour, Cocoa Powder (9%), Potato Starch, Tapioca Starch, Maize Starch, Vegetable Gums (Stabilisers): Guar Gum, Methylcellulose, Salt, Raising Agents: Sodium Bicarbonate, Calcium Carbonate, Citric Acid.</p>







	<p><u>Ingredients:</u> Maize starch, Brown rice flour, Raw sugar, Choc bits (14%), Sugar, Palm vegetable oil, Cocoa powder, Rice syrup, Pea flour, Psyllium, raising agent: Sodium bicarbonate, Calcium carbonate (source of calcium), vegetable gum: Guar, emulsifier: Monoglycerides from vegetable, Natural vanilla flavour, Salt.</p>
	<p><u>Ingredients:</u> Maize starch, Raw sugar, Brown rice flour, Pea flour, Palm vegetable oil, Rice syrup, Cocoa powder (4%), Psyllium (2%), Raising agent: Sodium bicarbonate, Calcium carbonate, Emulsifier: monoglycerides from vegetable, vegetable gum: Guar, salt, Vanilla.</p>
	<p><u>Ingredients:</u> Fruit Filling (Caster Sugar, Invert Sugar, Apples (13%), Citrus Fibre, Humectant (Glycerol), Gelling Agent: Pectin. Acidity Regulators: Citric Acid, Disodium citrate, Calcium citrate tetrahydrate. Flavour (Natural), Cinnamon (0.3%)), Chickpea Flour, Tapioca Starch, Palm Vegetable Oil, Caster Sugar, Brown Rice Syrup, Cinnamon (0.4%), Raising Agent: Sodium Bicarbonate. Vegetable Gum (Stabiliser): Xanthan Gum.</p>
	<p><u>Ingredients:</u> Fruit Filling [Fruit (Concentrated Apple Puree (16%), Concentrated Apricot Puree (3%)), Invert Sugar, Caster Sugar, Humectant (Glycerol), Citrus Fibre, Acidity Regulator (Citric Acid), Flavour (Natural)), Chickpea Flour, Tapioca Starch, Palm Vegetable Oil, Caster Sugar, Brown Rice Syrup, Raising Agent: Sodium Bicarbonate. Vegetable Gum (Stabiliser): Xanthan Gum.</p>
	<p><u>Ingredients:</u> Fruit Filling [Fruit (Concentrated Apple Puree (15%), Raspberry Puree (3%)), Invert Sugar, Sugar, Humectant (Glycerol), Citrus Fibre, Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Flavour (Natural)], Chick Pea Flour, Tapioca Starch, Sugar, Palm Vegetable Oil, Brown Rice Syrup, Raising Agent: Sodium Bicarbonate. Vegetable Gum (Stabiliser): Xanthan Gum.</p>



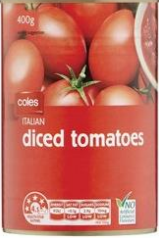



	<p><u>Ingredients:</u> Cane Sugar, Water.</p>
	<p><u>Ingredients:</u> Australian Sultanas (99.5%), Vegetable Oil.</p>
	<p><u>Ingredients:</u> Potato Starch, Tapioca Starch, Raising Agent: Calcium Carbonate. Acidity Regulator: Citric Acid. Vegetable Gum (Stabiliser): Methylcellulose.</p>
	<p><u>Ingredients:</u> Popcorn, Canola Oil, Salt.</p>
	<p><u>Ingredients:</u> Black Tea</p>







<p>Chicken Tenderloins</p>	<p><u>Ingredients:</u> Chicken.</p>
	<p><u>Ingredients:</u> No Added Hormones Australian Beef (70%), Water, Rice Flour, Salt, Acidity Regulator (451), Preservative (223), Hydrolysed Vegetable Protein (Maize), Dextrose(Maize), Vegetable Powders [Onion, Garlic], Spice Extracts [Natural Colour (Paprika Oleoresins), Pepper, Coriander, Nutmeg, Pimento], Spices [Ginger, Paprika], Rosemary Extract, Edible Beef Collagen Casing.</p>
	<p><u>Ingredients:</u> Vegetables (78%) (potato, cabbage, carrot, cauliflour, onion, pumpkin, pea, corn, garlic), maize flour, rice flour, vegetable oil (canola), salt, baking powder (450, 500), vegetable gum (guar), spices.</p>
	<p><u>Ingredients:</u> Raspberry: Water, Liquid Sugar (Sugar, Water), Dextrose (Maize), Natural Flavour, Acidity Regulator (330), Natural Colours (162, 160b), Thickener (412) Lemonade: Water, Liquid Sugar (Sugar, Water), Dextrose (Maize), Natural Flavour, Acidity Regulator (330), Thickener(412). Cola: Water, Liquid Sugar (Sugar, Water), Dextrose (Maize), Natural Flavour, Acidity Regulator (330), Natural Colour(150d), Thickener (412).</p>
	<p><u>Ingredients:</u> Chopped tomatoes 66%, tomato concentrate 10%, onion 7%, water, carrots 3.5%, sunflower oil, sugar, salt, garlic 0.5%, thyme 0.4%, chives 0.2%, parsley 0.2%, flavouring, black pepper 0.01%.</p>







	<p><i>Ingredients:</i> Chopped tomatoes 72%, tomato concentrate 14%, onion, sunflower seed oil, basil 2%, sugar, salt, natural flavouring.</p>
	<p><i>Ingredients:</i> Tomatoes (73%) (reconstituted), tomato paste (16%), onion, sugar, salt, garlic (0.5%), herbs (basil, fennel, oregano, bay leaf), black pepper, food acid (citric)</p>
	<p><i>Ingredients:</i> Tomatoes (60%), Tomato Juice, Food Acid (Citric Acid).</p>
	<p><i>Ingredients:</i> Crushed Tomato (63%), Tomato Juice, Tomato Paste, Thickener (1422).</p>
	<p><i>Ingredients:</i> Rice Flour (87%), Maize Flour (13%).</p>








<p>Beef Mince</p>	<p><u>Ingredients:</u> Beef.</p>
	<p><u>Ingredients:</u> Tomato (39%), Water, Onion, Red Capsicum (9%), Green Capsicum (7%), Salt, Sugar, Modified Maize Starch (1422), White Vinegar, Flavour, Food Acid (Citric Acid), Paprika, Mineral Salt (Calcium Chloride), Chili Powder, Garlic Powder</p>
	<p><u>Ingredients:</u> Tomato (50%), water, capsicum, onion, modified corn starch (1422), vinegar, salt, sugar, paprika, oregano (0.1%), cumin, food acid (330), chili powder, mineral salt (509).</p>
	<p><u>Ingredients:</u> Sweet Corn (65%), Water, Salt.</p>
	<p><u>Ingredients:</u> Maize Flour, Salt, Sugar, Spices, Dehydrated Vegetables(Tomato, Onion, Garlic, Red Bell Pepper), Anticaking Agent(551), Food Acid(330), Herbs, Colour (160c).</p>







<p>Chicken Mince</p>	<p><u>Ingredients:</u> Chicken.</p>
	<p><u>Ingredients:</u> White Corn Flour (76%), Vegetable oil, Water.</p>
	<p><u>Ingredients:</u> Yellow Corn Flour (76%), Vegetable Oil, Water, Salt.</p>
	<p><u>Ingredients:</u> Brand and ingredients may vary. Ingredients and allergens will be checked before serving.</p>
	<p><u>Ingredients:</u> (All from vegetable sources) Sunflower Oil, Vegetable Oils, Water, Salt, Emulsifiers (471, Sunflower Lecithin), Flavour, Vitamins A, D2, E.</p>








	<p><u>Ingredients:</u> Cabbage (75%), Carrot (25%). Percentages may vary due to processing and seasonal variability</p>
	<p><u>Ingredients:</u> Maize Starch, Salt, Vegetable Protein, Extract (Corn), Onion, Caramel Colour, Emulsifier: Vegetable derived Monoglycerides</p>
	<p><u>Ingredients:</u> Canola Oil.</p>
	<p><u>Ingredients:</u> Olive Oil (65%), Butane, Propane</p>
	<p><u>Ingredients:</u> Black Pepper Sea Salt</p>



	<p><u>Ingredients:</u> Brown Rice Flour (100%).</p>
	<p><u>Ingredients:</u> Maize Flour (100%).</p>
	<p><u>Ingredients:</u> Corn</p>
	<p><u>Ingredients:</u> Blueberries (40%), Blackberries (40%), Raspberries (20%).</p>
	<p><u>Ingredients:</u> Raspberries</p>



	<p><u>Ingredients:</u> Sugar, Glucose, Water, Gelatine (From Fish), Corn Starch, Tapioca Starch, Artificial Flavour.</p>
	<p><u>Ingredients:</u> Water, sugar, fruit juice (70%) lemon (15%) glucose syrup (maze) tapioca starch, vegetable gums.</p>
	<p><u>Ingredients:</u> Water, Sugar, Thickener (1422, 415), Cocoa Powder, Natural Colour (150a), Natural Flavour, Salt, Acidity Regulator (330), Preservative (202).</p>
	<p><u>Ingredients:</u> Water, Sugar, Strawberry Puree (8%), Thickeners (1422, 415), Acidity Regulators (330, 331), Natural Flavour, Preservative (202), Natural Colours (Safflower Extract, Carmine).</p>
	<p><u>Fruit & Vegetables:</u> Tomato, Mixed Lettuce, Cucumber, Capsicum, Mushrooms, Zucchini, Carrot, Beetroot, Iceberg Lettuce, Red & Brown Onion, Potatoes Watermelon, Pineapple, Strawberries, Grapes, Rockmelon, Bananas, Apples, Oranges</p>

